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| 1. Mr Huston | B.415 |
| 2. Mr Morley Parry | A.421 |
| 3. Mr Perry | A.405 |

ST. ALBANS RURAL DISTRICT COUNCIL



ANNUAL REPORT

OF THE

MEDICAL OFFICER OF HEALTH

CARL BURNS, M.B., Ch.B., D.C.H., D.P.H.

AND

CHIEF PUBLIC HEALTH INSPECTOR

LESLIE LOWE, M.A.P.H.I.

FOR THE YEAR

1969

CITY OF ST. ALBANS
ST. ALBANS RURAL DISTRICT
HARPENDEN URBAN DISTRICT
ELSTREE RURAL DISTRICT

With the Compliments
of the
Medical Officer of Health

PUBLIC HEALTH DEPARTMENT
BLEAK HOUSE
CATHERINE STREET
ST. ALBANS

Telephone:
ST. ALBANS 59211

P U B L I C H E A L T H C O M M I T T E E

ST. ALBANS RURAL DISTRICT

Councillor Mrs. C.M. Hadow, (Chairman)
Councillor R.V. Sparrow, (Vice-Chairman)
Councillor J.J. Cheal,
Councillor G.K. Dickens,
Councillor Mrs. D. Holmes,
Councillor W. Inglis,
Councillor L.R. Noblett,
Councillor R. Palmer,
Councillor R.N.B. Prior,
Councillor B.P. Webb.

PUBLIC HEALTH OFFICERS

C. Burns, M.B., Ch.B., D.C.H., D.P.H.,
Medical Officer of Health.

P.B.M. O'Reilly, M.R.C.S., L.R.C.P., D.P.H.,
Deputy Medical Officer of Health.

L. Lowe, M.A.P.H.I.,
Chief Public Health Inspector.

W.A. Beere, M.A.P.H.I., M.R.S.H.,
Deputy Public Health Inspector.

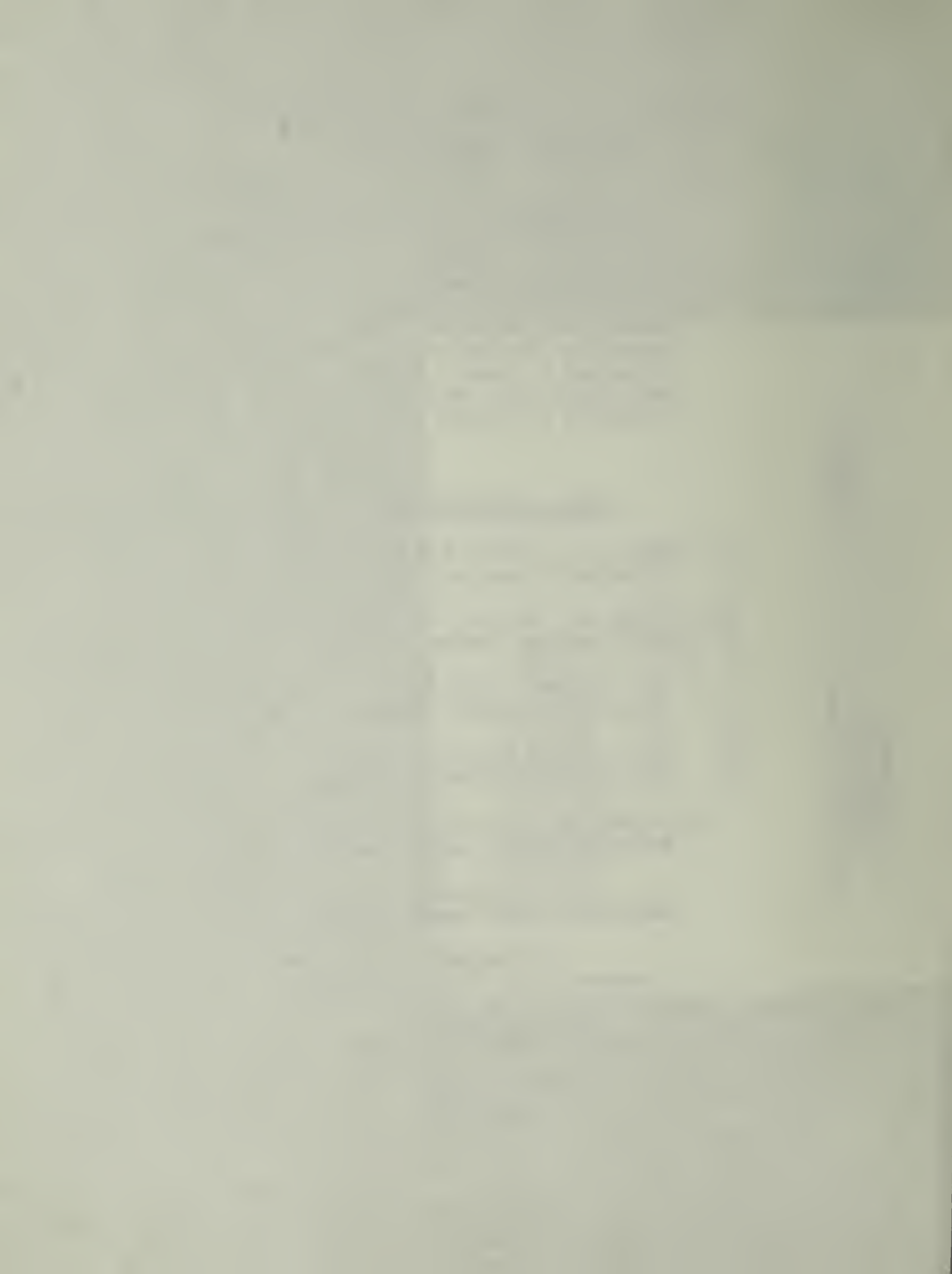
D.J. Litherland, Dip: P.H.I. Educ-Board,
Additional Public Health Inspector.

F.V. Jennings, (w.e.f. July 1969)
Additional Public Health Inspector.

R.J. Murphy, (w.e.f. July 1969)
Student Public Health Inspector,

Mrs. D. Jones,
Senior Clerical Assistant,

Miss A. Carrant,
Junior Clerk.



REPORT OF THE MEDICAL OFFICER OF HEALTH

Divisional Health Office,
Bleak House,
Catherine Street,
St. Albans.

To: The Chairman and Councillors of the St. Albans Rural District Council

Mr. Chairman, Ladies and Gentlemen,

I have the honour to present my annual report on the health of the Rural District of St. Albans for the year of 1969.

I am happy as in previous years to be able to report that the general health of the area remains good. The crude death rate rose slightly from 13.5 to 13.8 per 1,000 of the estimated population in 1969 as compared with 1968. The comparable death rate, which is corrected to allow for the population structure of the area as compared with the rest of the country was 10.1, compared with the rate for the whole of England and Wales of 11.9. As in previous years the major causes of death were the degenerative and the malignant diseases particularly cardio-vascular disease which was the largest single cause of death.

The falling trend in the birth rate continued with a drop from 14.2 live births per 1,000 population in 1968 to 14.0 in 1969. This is in line with the national trend and is no doubt associated with the availability of more effective forms of contraception.

The benefit of the measles vaccination campaign is referred to in the introductory letter to my last report and which took place in the summer of 1968 was reaped in 1969. Measles epidemics have in the past occurred in a biennial cycle and 1969 would have been an epidemic year during which, in the Rural District of St. Albans, based on past experience one would have expected between six hundred and nine hundred cases to be notified. In the event a mere 24 notifications were received. At the time of writing a further approach is being made to parents in the hope that those who have not already had their children immunised will do so, unless of course, the child has already had measles. It is hoped that, as has already occurred with diphtheria and polio, a sufficiently high proportion of children will be immunised virtually to eliminate the disease from the community.

As in previous years my thanks are due to the many people, both within the Public Health Department and in other agencies, without whose co-operation the work of the Department would have been impossible. It is worth referring in this connection to the fact that, in addition to being the Rural District Council's Medical Officer of Health I am also, as the County Council's Divisional Medical Officer for the St. Albans Division, responsible for the day to day administration locally of the County's Health and Welfare Services. This has considerable advantages in that many problems, which concern for

example the housing department, or the public health inspectorate are also well known to the County Council's nursing, health visiting or social work services and my dual role enables me to act as co-ordinator of the various services involved. For this purpose, case conferences are held each quarter, at which representatives of the various departments concerned meet under my chairmanship to discuss common problems and co-ordinate a common approach to them.

Finally, I should like to express my gratitude to you Mr. Chairman, and Ladies and Gentlemen for the interest you have taken in the work of the Department throughout the year and for all the help and consideration you have given to myself and my staff.

I have the honour to be,

Your obedient servant,

CARL BURNS,

Medical Officer of Health.

Section ASTATISTICS AND SOCIAL CONDITIONS OF THE AREA

Registrar General's Estimate of Resident Population	44,100
Area (in acres)	32,084
Number of Inhabited Houses on the Rate Books	
Dwelling Houses	12,577
Shops with Living Accommodation	71
Licensed Premises with Living Accommodation	53
Rateable Value	£2,205,990

Vital Statistics

Live Births -	
Number	617
Rate per 1,000 population	14.0
Illegitimate Live Births -	
Number	28
Rate % of total live births	5.0
Stillbirths -	
Number	5
Rate per 1,000 total live and stillbirths	8.0
Total live and stillbirths -	622
Infant deaths (deaths under one year) -	
Number	6
Rate per 1,000 live births	10.0
Infant Mortality Rates -	
Total infant deaths per 1,000 total live births	10.0
Legitimate infant deaths per 1,000 legitimate live births	8.0
Illegitimate infant deaths per 1,000 illegitimate live births	36.0
Neo-Natal Mortality Rate -	
Number	5
Rate per 1,000 total live births	8.0
Early Neo-Natal Mortality Rate -	
Number	5
Rate per 1,000 total live births	8.0
Peri-Natal Mortality Rate -	
Number (stillbirths and deaths under one week)	10
Rate per 1,000 total live and stillbirths	16.0
Maternal Mortality (including abortion)	NIL

Deaths

Number of Deaths
Death rate per 1,000 of the estimated population

610
13.8

In order to make comparisons between the rates in different areas and the country as a whole, the Registrar General has supplied "Comparability Factors" to be applied to these two rates so that comparisons can be made.

Applying these two factors to the Rural District, the following results are given:-

<u>Crude Birth Rate</u>	<u>Comparable Birth Rate</u>	<u>Crude Death Rate</u>	<u>Comparable Death Rate</u>
14.0	12.7	13.8	10.1

Death, Birth, Infant Mortality, Stillbirth and Perinatal Mortality Rates

<u>Year</u>	<u>Death Rate</u>	<u>Birth Rate</u>	<u>Infant Mortality Rate</u>	<u>Stillbirth Rate</u>	<u>Peri-natal Mortality Rate</u>
1947	9.2	16.5	54.0		
1948	7.0	14.5	18.1		
1949	8.2	14.8	22.2		
1950	7.7	13.2	22.5		
1951	7.7	13.3	29.1		
1952	6.8	12.8	8.1		
1953	18.1	14.5	28.6		
1954	17.7	14.5	16.6		
1955	19.1	15.2	15.3		
1956	19.3	14.4	19.8		
1957	16.0	15.3	17.8		
1958	13.6	17.3	18.5		
1959	12.1	17.7	23.5		
1960	12.4	17.6	22.9		
1961	12.3	17.4	16.5	19.2	35.4
1962	12.7	18.7	20.4	9.5	21.6
1963	13.6	18.2	8.2	12.2	14.9
1964	10.7	17.9	9.5	6.7	10.8
1965	12.3	15.3	13.9	12.2	22.9
1966	13.0	14.7	8.0	11.1	15.9
1967	11.9	14.3	7.0	8.0	11.0
1968	13.5	14.2	17.8	14.4	27.2
1969	13.8	14.0	10.0	8.0	16.0

Causes of Death

(N.B. A new system of classification has been introduced by the Registrar General and is used this year for the second time so that these statistics are not directly comparable with those for previous years.)

	<u>Male</u>	<u>Female</u>
Enteritis and Other Diarrhoeal Diseases	-	2
Tuberculosis of Respiratory System	1	-
Other Tuberculosis, including late effects	-	1
Syphilis and its Sequelae	1	-
Malignant Neoplasm - Oesophagus	-	3
Malignant Neoplasm - Stomach	6	3
Malignant Neoplasm - Intestine	3	5
Malignant Neoplasm - Lung, Bronchus	11	5
Malignant Neoplasm - Breast	1	10
Malignant Neoplasm - Uterus	-	2
Malignant Neoplasm - Prostate	4	-
Leukaemia	1	3
Other Malignant Neoplasms, Etc.	12	17
Benign and Unspecified Neoplasms	-	1
Diabetes Mellitus	-	2
Avitaminoses	-	1
Other Endocrine, Etc. Diseases	1	1
Anaemias	1	-
Mental Disorders	3	1
Other Diseases of Nervous System, Etc.	3	5
Chronic Rheumatic Heart Disease	7	2
Hypertensive Disease	5	10
Ischaemic Heart Disease	65	74
Other Forms of Heart Disease	14	22
Cerebrovascular Disease	23	44
Other Diseases of Circulatory System	10	22
Influenza	1	2
Pneumonia	38	56
Bronchitis and Emphysema	22	10
Asthma	-	1
Other Diseases of Respiratory System	5	6
Peptic Ulcer	3	2
Intestinal Obstruction and Hernia	6	-
Cirrhosis of Liver	1	1
Other Diseases of Digestive System	2	3
Nephritis and Nephrosis	4	-
Hypertrophy of Prostate	3	-
Other Diseases, Genito-Urinary System	2	2
Diseases of Skin, Subcutaneous Tissue	-	2
Diseases of Musculo-Skeletal System	-	2
Congenital Anomalies	2	1
Birth Injury, Difficult Labour, Etc.	-	1
Other Causes of Perinatal Mortality	-	1
Symptoms and Ill-Defined Conditions	-	2
Motor Vehicle Accidents	5	1
All Other Accidents	7	8
Total All Causes	273	337

Vital Statistics, 1969 - England and Wales

Provisional figures based on Quarterly Returns of Registrar General

Births

Live Births (per 1,000 total population)	16.3
Stillbirths (per 1,000 total live and stillbirths)	13.0

Deaths

All Causes (per 1,000 total population)	11.9
Infants under 1 year (per 1,000 related live births)	18.0
Maternal Mortality (per 1,000 total live and stillbirths)	0.2
Neo-Natal Death Rate (per 1,000 related live births)	12.0
Peri-Natal Mortality (per 1,000 total live and stillbirths)	23.0

This table is included to enable comparison to be made between local rates and national rates, but in dealing with the relatively low numbers from which local rates are calculated, one must be very cautious about drawing conclusions.

Number of Deaths and Death Rates from Tuberculosis and Cancer, 1969

The provisional number of deaths and death rates per million population for England and Wales during the year 1969 are as follows:-

	<u>Number</u>			<u>Rate</u>		
	<u>Males</u>	<u>Females</u>	<u>Persons</u>	<u>Males</u>	<u>Females</u>	<u>Persons</u>
Respiratory Tuberculosis	841	251	1,092	35	10	22
Other Tuberculosis	484	264	748	20	11	15
Cancer of Lung and Bronchus	24,689	5,074	29,763	1,039	202	610
Other Cancer	37,295	47,669	84,964	1,570	1,901	1,740

BIRTHS

There were the same number of births (617) in the Rural District in 1969 as in 1968. The birth rate in 1969 was 14.0, compared with 14.2 in 1968. This is the lowest birth rate since 1952.

STILLBIRTHS

There were 5 stillbirths in 1969, compared with 9 in 1968, giving a still-birth rate of 8.0 per 1,000 total live and stillbirths, compared with 14.4 in 1968.

INFANT DEATHS

6 children died under the age of 1 compared with 11 in 1968, a decrease of 5. This makes the infant mortality rate in 1969, 10.0, compared with 17.8 in 1968.

Breaking down the number of children who died under the age of 1 year, 5 children died in the first week of life compared with 8 in 1968, giving an early neo-natal mortality rate of 8.0, compared with 13.0 in 1968. In 1969 a total of 5 children died under the age of 1 month, compared with 9 children in 1968, giving a neo-natal mortality rate of 8.0 (14.6 in 1968).

There was one death of a child between 1 month and 1 year old in 1969, compared with two in the previous year. Considering together the stillbirths, and those children who died in the first week of life (that is, those children whose death resulted as a complication of pregnancy, and childbirth), the perinatal mortality rate was 16.0 compared with 27.3 in 1968. Although all of these rates vary from the previous year, all these differences are really very small and all could be due to chance variations. The national figures for England and Wales are given on page 6 for comparison.

DEATHS

There were 610 deaths in the district in 1969, compared with 587 in 1968. This gives a death rate of 13.8 compared with a death rate of 13.5 in 1968. When these figures are corrected, using the "comparability factor" provided by the Registrar General (which takes into account the differences in age, composition of the population, difference in sex incidence in the population, and makes allowances for the deaths occurring in the mental hospitals in the district) the death rate treated in this way becomes 10.1 in 1969 and 10.0 in 1968. The death rate for England and Wales to be compared with this is 11.9.

Degenerative disease of the heart and arteries was the commonest cause of death, accounting for more than half the total number of deaths during the year. Deaths from this cause and from certain forms of cancer, particularly lung cancer, are on the increase and, while the infectious diseases, the major killers of an earlier generation, have largely been conquered by improved standards of living and hygiene, immunisation and modern methods of treatment with germ killing drugs, the degenerative and malignant diseases emerge as the great public health problem of the present. Much can be done by the individual

to reduce his or her chances of succumbing prematurely to one of these conditions but unfortunately like so much good advice it is easier to give than to act upon. There is no doubt, nevertheless, that dietary control to avoid overweight, the taking of regular exercise, and the shunning of cigarettes would, if widely adopted have a dramatic effect on the figures quoted in these pages.

Cancer

86 people died of cancers, 38 men and 48 women. Lung cancer was again the most common single cause of death from malignancy. Despite fluctuations in the local figures the national figure has risen inexorably year by year. Between 1956 and 1968 the annual number of deaths from this cause rose from 18,185 to 28,826, which is a rise from 3.5% to almost 5% of the total number of deaths. The habit of cigarette smoking is responsible for the vast majority of these deaths as well as contributing in large measure to the increasing mortality from ischaemic heart disease.

Section B

GENERAL PROVISIONS OF THE HEALTH SERVICES FOR THE AREA

Welfare Centres and Clinics

Bricket Wood - St. Luke's Church Hall

Infant Welfare 2nd and 4th Tuesdays - 2-4 p.m.
(Dr. Attends)
Vaccination & Immunisation 3rd Wednesdays - 9.30-11.30 a.m.

Colney Heath - The Pavilion

Infant Welfare 1st and 3rd Tuesdays - 2.30-4 p.m.
(Dr. Attends)

Harpenden - 40 Luton Road (Tel: Harpenden 2040)

Ophthalmic Mondays - 9.30-11.30 a.m. (By appointment)
Vaccination & Immunisation 2nd and 4th Wednesday in month - 9.30 -
(Dr. Attends) 12 noon.
Speech Therapy Thursday - 9.30-12 noon; 2-4 p.m.
(By Appointment)
Infant Welfare Wednesdays - 1.45-4.30 p.m.
(Dr. Attends)
Dental Tuesdays) 9.30 - 12 noon
Wednesdays) 2-4 p.m.
Fridays)
(By Appointment)
Cytology Clinic Thursdays - 9.30-11.30 a.m.
(By Appointment)

Harpenden - Batford J.M.I. School, Pickford Hill.

Infant Welfare 2nd and 4th Thursdays - 1.45-4.30 p.m.
(Dr. Attends)
Speech Therapy Tuesdays - 2-4 p.m.

Harpenden - Health Annexe, Grove Road.

Infant Welfare Fridays - 2-4.30 p.m.
(Dr. Attends 2nd and 4th)

London Colney - Community Centre, Caledon Road.

Vaccination & Immunisation Fridays - 9.30-12 noon
(Dr. Attends)
Infant Welfare Thursdays - 1.45-4.30 p.m.
(Dr. Attends 1st and 3rd)

Redbourn - Congregational Hall

Infant Welfare

2nd and 4th Tuesdays - 2.30-4.30 p.m.

St. Albans - Village Hall, Park Street.

Infant Welfare

Mondays - 1.30-4 p.m.

(Dr. Attends 2nd and 4th)

Vaccination & Immunisation

1st Monday - 2-4 p.m.

St. Albans - Mandeville Health Centre,
Mandeville Drive,
Tel: St. Albans 50471

Infant Welfare

1st and 3rd Thursdays - 2-4 p.m.

(Dr. Attends)

Dental

Tuesdays) 9.30-12 noon

Wednesdays) 2-4 p.m.

(By Appointment)

Immunisation & Vaccination

4th Thursday - 2-4 p.m.

Speech Therapy

Fridays - 2-4 p.m.

St. Albans - Margaret Wix Health Centre,
High Oaks.
Tel: St. Albans 56994

Infant Welfare

Wednesdays - 1.30-4 p.m.

(Dr. Attends 2nd and 4th)

Speech Therapy

Tuesdays - 2-4 p.m.

Dental

Mondays)

Thursdays) a.m. and p.m.

(By Appointment)

St. Albans - Principal Health Centre,
Civic Centre,
Tel: St. Albans 59211.

Immunisation & Vaccination

Mondays - 9-12 noon

(Dr. Attends 9.30 a.m.)

Dental

Monday, Tuesday, Wednesday, Thursday
& Friday - 9.30-12.30 p.m. : 2-5 p.m.

Saturdays - 9.30-12 noon (alternate)

Orthoptic

Monday - 9-12 noon : 2-4.30 p.m.

Wednesday - 9-12 noon : 2-4.30 p.m.

Thursday - 9.30-12 noon : 2-4.30 p.m.

Friday - 9-12 noon : 2-4.30 p.m.

(By Appointment)

Ophthalmic

Monday and Tuesday - 9.30-12.30 p.m.

(By Appointment)

St. Albans - Principal Health Centre (continued)

Speech	Tuesday - 9.30-12 noon : 1.30-4.30 p.m. Thursday - 1.30-4.30 p.m. (By Appointment)
Ante-Natal Infant Welfare	Wednesday - 2-4 p.m. Tuesday & Friday - 1.30-4 p.m. (Dr. attends Friday & 2nd & 4th Tues. Foods issued Tuesday and Friday)
Audiometrician	2nd & 4th Tuesdays - 2-4.30 p.m. Fridays - 2-4.30 p.m. (By Appointment)
Audiology	2nd & 4th Wednesdays - 9.30-12 noon 2-4 p.m. (By Appointment)
Cytology	Mondays - 6.30-9 p.m.) By Fridays - 9.30-12 noon) Appointment

St. Albans - Cunningham Hill Health Centre,
Cell Barnes Lane.
Tel: St. Albans 53025

Infant Welfare	Mondays - 2-4.30 p.m. (Dr. Attends)
Immunisation & Vaccination	1st & 3rd Thursdays - 9.30-12 noon (By Appointment)
Speech	Fridays - 9.30-12 noon (By Appointment)

St. Albans - Skyswood Health Centre,
Marshalswick Estate.
Tel: St. Albans 57041

Infant Welfare	Monday & Friday - 2-4.30 p.m. (Dr. Attends)
Immunisation & Vaccination	1st & 3rd Tuesday - 2-4 p.m. (By Appointment)
Speech	Thursday - 2-4 p.m. (By Appointment)
Ante-Natal	Thursdays - 2-4 p.m.
Dental	Mondays - 10-12 noon : 2-4 p.m. Tuesdays - 2-4 p.m. Wednesdays - 10-12 noon Thursdays - 10-12 noon (By Appointment)

St. Albans City Hospital, Normandy Road Wing

Telephone: St. Albans 52211.

V.D. (Women)

V.D. (Men)

Post-Natal

Chest Clinic

Thursdays - 1.30-3 p.m.

Tuesdays - 4-6 p.m.

Wednesdays - 11 a.m.

Mondays - 9 a.m. (By Appointment)

Wednesdays - 9 a.m. (By Appointment)

Thursdays - 9 a.m. (By Appointment)

Sandridge - Parish Hall

Infant Weighing

2nd & 4th Wednesdays - 2.30-3.30 p.m.

Shenley - Village Hall

Infant Welfare

1st & 3rd Wednesdays - 2-4 p.m.
(Dr. Attends)

Wheathampstead - Mead Hall, East Lane

Infant Welfare

2nd & 4th Fridays - 2.30-4 p.m.
(Dr. Attends 3.00 p.m.)

Some of the County Council premises are also used by other organisations principally the Family Planning Association who hold sessions at St. Albans, Boreham Wood and Harpenden, and the Blood Transfusion Service who hold Donor Sessions at St. Albans Principal Health Centre and Skyswood Health Centre.

Hospitals

I am indebted to Mr. K.S. Robson, Group Secretary, Mid-Herts. Group Hospital Management Committee, for the following information relating to Hill End, High Wick, and St. Albans City Hospitals.

HILL END HOSPITAL

No. of Beds	754	Psychiatric
No. of Discharges	1,150	

Out-Patients

No. of New Patients	156
No. of Attendances	2,091

Day-Patients

No. of New Patients	118
No. of Attendances	9,049

X-Ray Department

3,521 Units

Physiotherapy Department

3,791 Attendances

HIGH WICK

Regional Unit for Psychotic and Maladjusted Children

Beds	18
Discharges	7

ST. ALBANS CITY HOSPITAL

	Beds Allocated	In-Patient Discharges	Out-Patients	
			New	Total Attendances
General Medicine	68	1,403	772	4,370
Paediatrics	20	450	359	2,266
Infectious Diseases	9	63		
Diseases of the Chest	6		928	4,227
Dermatology		1	555	1,710
Neurology			67	213
Physical Medicine			368	2,969
V.D.			328	1,093
Geriatrics	84	157		
General Surgery	66	2,015	1,644	4,270
E.N.T.-(T. & A.))	8	228) 1,335	2,825
E.N.T. (Other))		209)	
Trau. and Orth. Surgery	44	1,326	1,558	4,748
Ophthalmology	6	286	777	3,289
Radiotherapy			59	571
Thoracic Surgery			7	71
Dentistry		28	669	2,641
Neurosurgery			13	27
Gynaecology	24	873	846	2,178
Obstetrics - Ante-Natal)	35	758	792	6,286
- Post-Natal)			481	481
Special Care Baby Unit	7	26		
Mental Illness			261	1,055
Allergy			230	230
Private Section 1	4	105		
" " 4	6			
Totals	387	7,928	12,049	45,520
Accident & Emergency			13,593	24,764

Maternity:

Live Births

666

Still Births

8

X-Ray Department:

61,812 Units

Physiotherapy Department:

60,340 Attendances

PREVALENCE OF AND CONTROL OVER INFECTIOUS DISEASESST. ALBANS RURAL DISTRICT

Scarlet Fever	13
Whooping Cough	6
Measles	24
Food Poisoning	9
Infective Hepatitis	12
Dysentery	46
Acute Meningitis	1
Ophthalmia Neonatorum	1

Food Poisoning

Nine cases of food poisoning were reported in the Rural District during 1969. 7 of the cases were sporadic, and there was one small outbreak in which two members of the family were involved. Salmonella infections were found to be the causative agent in 7 of the cases and in the remaining two cases the cause of the infection was not traced.

TYPHOID FEVER"Incident involving Food Premises in the Park Street and Bricket Wood area"

On Thursday, August 14th, 1969, a report was received that a man had been admitted to Holywell Hospital, Watford, as a confirmed case of Typhoid Fever. This man was a baker and pastry cook operating a small bakehouse in Bushey which adjoins a retail shop which he owns. In addition he owned a retail bakery and confectionery shop in Park Street and he supplies two other shops and a transport cafe in the Bricket Wood area with bread and cakes. Furthermore he himself occasionally purchases cakes from a St. Albans baker some of whose trays may have become contaminated. He returned from holiday in Italy during the weekend of the 19th to 20th July, 1969, and commenced his illness within a few days after his return. The initial symptoms consisted of high temperature and a sore throat with no gastro-intestinal symptoms at first. He remained at work but on Monday, 4th August, he developed diarrhoea and a specimen of faeces from which the typhoid bacillus was later isolated was, therefore, submitted to the laboratory by his general practitioner. He went on working until an hour or two before his admission to hospital on Thursday, August 14th, and it must, therefore be presumed that he was infectious for a period of about 14 days between the beginning of August and his ultimate admission to hospital on August 14th. In view of the wide spread nature of this man's business and in particular the involvement of the transport cafe, which was stated by the proprietor to cater for approximately 2,500 persons each week who by reason of the cafe's position close to one of the M.1 access points would be scattered throughout the length and breadth of Britain it was clear that the makings of a most serious situation were present. The Infectious Disease section of the Department of Health and Social Security were informed immediately and consultations took place and were repeated from time to time as the situation developed with the Public Health Authorities of Bushey Urban District,

Watford Rural District and Watford Borough who were also involved. Measures taken included the temporary closure of the bakehouse and the two shops owned by the typhoid patient together with the seizure of all unwrapped food stuffs and the exclusion from work of their staff. On the advice of the Principal Medical Officer in the Infectious Disease Section of the Department of Health and Social Security, the three other retail premises concerned were not closed but their staffs were maintained under daily surveillance which continued throughout the weekends and the Bank holiday, and repeated specimens of blood, stool and urines were submitted to the laboratory for examination.

All unwrapped food stuffs were seized and all premises thoroughly disinfected under supervision. All local general practitioners and hospital authorities were alerted by myself, and the Chief Medical Officer of the Department of Health and Social Security informed other Medical Officers of Health throughout Great Britain in view of the risk presented by the transport cafe. Despite the considerable risks of the situation, no secondary cases have occurred and this must be accounted a piece of great good fortune. One can only attribute this to what must have been a very high standard of personal hygiene on the part of the baker concerned and the entire incident serves to re-emphasize the importance of the highest standards of personal hygiene in those involved in food handling.

It will be appreciated that the surveillance and bacteriological sampling involved the Public Health Inspectors in a great deal of additional work, much of it carried out at weekends and at other inconvenient times and it is a pleasure to pay tribute to the diligence, efficiency and cheerfulness with which this work was carried out."

TUBERCULOSIS 1969

During 1969 the following new cases of tuberculosis were notified in the Rural District

Age Group	Respiratory		Non-Respiratory		Total	
	M	F	M	F	M	F
Under 5 years	-	-	-	-	-	-
5 - 14 years	1	1	-	-	1	1
15 - 24 years	-	-	-	-	-	-
25 - 44 years	-	2	-	-	-	2
45 - 64 years	3	-	-	1	3	1
65 years and over	-	-	-	-	-	-
Total	4	3	-	1	4	4

During the year 29 cases were removed from the register, and there were 9 respiratory (3 male and 6 female) cases transferred into the Area.

The state of the tuberculosis register at the 31st December, 1969, was as follows:-

<u>Respiratory</u>		<u>Non-Respiratory</u>		<u>Total</u>
<u>Males</u>	<u>Females</u>	<u>Males</u>	<u>Females</u>	
180	117	15	21	333

ST. ALBANS RURAL DISTRICT COUNCIL

REPORT OF THE CHIEF PUBLIC HEALTH INSPECTOR TO THE CHAIRMAN AND
MEMBERS OF THE ST. ALBANS RURAL DISTRICT COUNCIL

Mr. Chairman, Ladies and Gentlemen,

I have the honour to present my report on the work carried out by the Council's Public Health Department during 1969.

The long-awaited Housing Act of 1969 came into operation in August, and immediately aroused a lively interest in house improvement, though if the early enquiries are a guide to the future, it would appear that many people see the Act as a means of carrying out sophisticated improvements to houses which are already of acceptable standard. Older owner/occupiers, for their part, interpret the Act as the answer to their repair problems, with, of course, the ensuing disappointment when this does not prove to be the case.

No serious public health problems were encountered during the year, although in certain instances marginal nuisances were encountered which, though most upsetting to individual complainants, and falling as they often do within the statutory limits, are not easy of solution.

Once again, I would like to express my sincere appreciation for the excellent work carried out by members of the staff, and also to thank the Chairman and members of the Council's Public Health, Lighting and Safety Committee for their support throughout the year.

I am,

Your obedient servant,

LESLIE LOWE

Chief Public Health Inspector

GENERAL SANITATION

WATER SUPPLIES

(a) Public

The supplies of water distributed in the area by the statutory undertakers have been satisfactory, and there is no evidence that the water is liable to plumbo-solvency. The statutory undertakers sample the water regularly, and keep the department well informed of the results of the examinations.

(b) Private

There are no dwelling houses within the district served by stand pipes, but 119 houses still rely on private bores or wells, of which there are now 75. These 119 dwelling houses are located as follows:-

	<u>With wells or bores</u>	<u>No supply</u>
Colney Heath	8	-
Harpenden Rural	6	-
London Colney	2	-
Redbourn	7	-
St. Michael	2	-
St. Stephen	22	-
Sandridge	32	-
Wheathampstead	40	1 *
	<hr/> 119	<hr/> 1

* House vacant, and awaiting rehabilitation.

Three houses within the area are supplied by a private well situated in the area of a neighbouring Authority. A further three bores are in use to supply Institutions. The two largest of these supplies are now properly chlorinated.

In all, a total of 56 samples were sent to the Public Health Laboratory at Luton, or the laboratory at Hill End Hospital, St. Albans, for examination. The results of these analyses showed all well water in the district to be of uniformly high quality.

ARRANGEMENTS FOR SEWERAGE AND SEWAGE DISPOSAL

I am indebted to Mr. H. Wilkinson, Engineer and Surveyor to the Council, for the following note on arrangements for sewerage and sewage disposal.

"Public sewers in the Rural District vary in diameter from 6" to 15" and with a total length of approximately 16 miles, serve all the principal centres of population which contain about 95% of the dwellings in the district.

The Rural District Council is a constituent authority member of the West Hertfordshire Main Drainage Authority with whose trunk sewers most of the public sewers connect. The trunk sewers convey sewage to the Authority's treatment works at Maple Cross, near Rickmansworth.

There are agreements with all the neighbouring authorities to provide for the intercommunication of public sewers vested in the several Councils, and such arrangements are most economical, and, in the remote areas, have enabled properties to have the benefits of main drainage when otherwise this facility could not have been provided.

The Rural District Council's only sewage disposal works is situated at Wheathampstead, and treats an average daily flow of approximately 180,000 gallons. A high standard of effluent is demanded by the Lea Conservancy Catchment Board, and to achieve the necessary standard the whole of the flow to the Works received double filtration and settlement.

Consultants engaged by the Council have now reported on a scheme for improving and extending the Wheathampstead works.

SANITATION

(a) Cesspools

In addition to the public sewerage system, approximately 490 houses in the area have a water carriage system of sanitation incorporating the use of cesspools. These are emptied regularly by the Council, two specialised vehicles being provided for this purpose.

(b) Pail Closets

The number of dwellings within the district with pail closet sanitation is now only 10. The dwellings concerned are located as follows:-

Wheathampstead	3
Sandridge	1 (A house which is the subject of a suspended Demolition Order)
St. Stephen	2
Redbourn	1
Harpenden Rural	2
Colney Heath	1

None of the premises concerned is within reasonable distance of sewers, and hence formal action for abolition of the pail closets cannot be undertaken.

COMMON LODGING HOUSES

There are no common lodging houses within the district.

SWIMMING POOLS

Swimming continues to be of ever-increasing popularity in the district, and, whilst the Council has no swimming pool under its management, the department takes a lively concern in all pools in the area, and assists managements generally by frequent sampling of the water and also carrying out poolside tests, and specifically by giving advice where conditions warrant. Altogether, six outdoor pools were visited regularly throughout the summer months. A total of 107 samples of swimming pool water were taken and submitted for bacteriological examination.

AIR POLLUTION

The department operated its station for measuring atmospheric pollution

in London Colney throughout the year, with equipment installed in the Council's depot. Data is supplied monthly to the Ministry of Technology Air Pollution Station, Warren Spring, Stevenage, for evaluation by computer, and, as well as affording local information to the department, also forms part of the National Survey on Air Pollution. Statistics of this nature are only of great value after several years investigation, and, as the London Colney Station has only been functioning for some eighteen months, it would be unwise to make a firm deduction from the figures so far to hand.

NUISANCES

A total of 213 complaints alleging nuisance were made to the department during 1969, the majority of these were quickly resolved, though persistent complaints regarding industrial undertakings were more difficult to cure, since it appears that as soon as one nuisance is cleared up, new processes arise, and the complaints cycle recommences. Again, many people with urban backgrounds, living in or on the fringes of the rural area, show a tendency to be intolerant of the smells which are usually accepted as part and parcel of agricultural living.

WASPS

The Council continue their policy of undertaking the destruction of wasps' nests free of charge. During the summer season of 1969, a total of 117 nests were destroyed. This service is one which is greatly appreciated by residents throughout the district.

RODENT CONTROL

Prevention of Damage by Pests Act 1949

The Council is responsible for the administration of the Prevention of Damage by Pests Act, 1949, within their district, and since the coming into operation of this Act, it has been the Council's policy to carry out free treatment at domestic premises. In the case of commercial premises and agricultural holdings charges are made on a scale regarded as sufficient to cover the cost involved, the department being prepared to quote for either single treatments, or for a contract period of one year. On 31st December, 1969, forty-one contracts were running, with an annual value of £451.0.0d. Of these, twenty-two were in respect of farms, and nineteen in respect of industrial premises.

The rodent population in the district showed no marked change during the year. Warfarin continued to be the rodenticide of choice, and so far no cases of resistance have been encountered in the area.

Statistics in respect of rodent control works are shown below.

	TYPE OF PROPERTY	
	Non-Agri-cultural.	Agricul-tural.
1. Number of properties in district.	14288	366
2.(a) Total number of properties (including nearby premises) inspected following notification.	517	24
(b) Number infested by (i) Rats	493	24
(ii) Mice	44	10
3.(a) Total number of properties inspected for rats and/or mice for reasons other than notifications.	242	290
(b) Number infested by (i) Rats	40	71
(ii) Mice	0	0

ANIMAL BOARDING ESTABLISHMENTS ACT 1963

At the end of the year, there were six premises licensed under the above Act within the district. Conditions at these Boarding Establishments are extremely good, the licencees being very concerned with the health and welfare of the animals in their temporary care.

CONTROL OF REFUSE DISPOSAL

Refuse collection and disposal is undertaken by the Council's Engineer and Surveyor, but a considerable volume of refuse from the Greater London area, and also from neighbouring districts, is disposed of by tipping within the St. Albans Rural District area. Such tipping is under the joint control of the Council and the County Council, and is being carried out in disused gravel pits. The tipping sites are regularly inspected and closely supervised.

HOUSING

In general, property within the district is good, and more than half is of post-war construction. Many older cottages in the area have been

comprehensively reconditioned whilst retaining their traditional appearance, and these find a ready market when offered for sale. Apart from Council-owned dwellings, which amount to roughly one-quarter of the houses in the district, only a small number of houses are available for renting, and hence few housing complaints are received by this department. The following summary gives details of formal action relative to property within the district.

1. Number of representations made to the Local Authority with a view to the making of demolition or closing orders. 2
2. Number of demolition or closing orders made, and undertakings accepted:-
 - (a) Demolition Orders. 0
 - (b) Closing Orders, whole premises. 1
 - (c) Undertakings accepted that houses would be made fit. 11
 - (d) Undertakings carried out to the satisfaction of the Council. 6
3. Number of houses demolished:-
 - (a) As a result of Demolition Orders. 1
 - (b) In Clearance Areas. 0
4. Number of Discretionary Improvement Grants approved by the Council 4
5. Number of Standard Grants approved by the Council 25

SLUM CLEARANCE.

The remaining houses which are not considered to be repairable at reasonable expense are widely scattered, and can be dealt with as individually unfit properties. The poor maintenance of many owner-occupied houses, due to the high cost of builders repairs in relation to fixed incomes of retired people is, however, a danger sign for the future. The Public Health Inspectors traditionally leave such properties alone, but perhaps in future this aspect will have to be given more consideration.

IMPROVEMENT OF HOUSES

The total number of houses in the area which lack one or more of the standard amenities was about 300 at the end of the year. Widespread publicity on improvement grants, plus a realistic policy on the part of the Council, has resulted in a slow but sure number of properties being improved. Figures for 1969 were, however, depressed, due, no doubt, to the fact that people preferred to wait for the introduction of the new Housing Act, with its anticipated improved financial provisions, and the Act finally became fact too late in the year really to influence the 1969 figures.

COUNCIL HOUSES

I give below statistics provided by Miss Sharpe, the Council's Housing Officer, showing the present position of Council houses in various parishes.

ANALYSIS OF PROPERTIES UNDER THE CONTROL OF THE COUNCIL

Parish	Bed-sit.	1 Bedroom			2 Bedrooms		3 Bedrooms			4 Beds H.	5 Beds H.	Totals
		F.	H.	B.	F.	H.	B.	H.	M.			
Colney Heath	-	24	-	35	38	44	-	189	-	25	4	359
London Colney	24	87	-	52	153	33	1	538	16	18	-	922
Redbourn	24	23	1	35	34	44	6	237	-	16	2	422
St. Michaels	-	-	-	-	-	5	-	8	-	2	1	16
St. Stephen	-	40	-	18	64	10	1	175	-	5	1	314
Sandridge Village	4	36	-	12	60	15	-	128	-	14	1	270
Marshalswick	-	16	-	-	-	-	-	91	-	4	-	111
Wheathampstead	-	-	4	20	46	25	-	201	-	10	-	306
Harpenden U.D.	-	-	-	-	4	-	-	9	-	-	-	13
City Area	-	2	-	-	1	-	-	-	-	-	-	3
TOTALS	52	228	5	172	400	176	8	1576	16	94	9	2736

Legend F = Flat; H = House; B = Bungalow; M = Maisonette

Includes acquired properties.

CARAVAN SITES (CONTROL OF DEVELOPMENT) ACT 1960

Eighty-three caravans are licensed on private sites in the district under the above Act, fifty-one being used as permanent residences, and thirty-two for holidays and week-ends. In addition, the Council own two sites, one for sixty-nine caravans, and one for twenty-nine caravans.

FOOD AND FOOD PREMISES

MEAT INSPECTION

The slaughter of cattle, calves, sheep, and pigs for human consumption continued to be carried out at three licensed slaughterhouses in the area, namely, Sandridge, Wheathampstead, and London Colney, until September, 1969, after which Sandridge Slaughterhouse closed down. The London Colney

slaughterhouse is, additionally, licensed for the slaughter of horses for human consumption. Again, all carcasses and their associated offals were inspected during the year.

For the second consecutive year, no *Cysticercus Bovis* was detected in cattle which, in general, were found to be of extremely high quality, with even the ubiquitous liver abscesses of a few years ago now on the decline. The liver spoilage due to parasitic conditions in pigs and sheep continued to be relatively high, however.

CARCASSES AND OFFAL INSPECTED AND CONDEMNED IN WHOLE OR IN PART FOR THE YEAR 1969

	Cattle exclud- ing Cows	Cows	Calves	Sheep	Pigs	Horses
Number killed	1088	347	472	2355	3602	46
Number inspected	1088	347	472	2355	3602	46
<u>All diseases except Tuberculosis and Cysticerci</u>						
Whole carcasses condemned	1	5	8	8	13	-
Carcasses of which some part or organ was condemned	180	132	26	242	249	9
<u>Tuberculosis only</u>						
Whole carcasses condemned	-	-	-	-	-	-
Carcasses of which some part or organ was condemned	-	-	-	-	1	-
<u>Cysticercosis</u>						
Carcasses of which some part or organ was condemned	-	-	-	-	-	-
Carcasses submitted to treatment by refrigeration	-	-	-	-	-	-
Generalised and totally condemned	-	-	-	-	-	-

I would like once again to record my appreciation of the assistance given by Mr. R. E. C. Goddard, Chief Public Health Inspector, City of St. Albans, and his staff, who, up to the time of its closure, helped out with the meat inspection at Sandridge Slaughterhouse.

The Meat Inspection (Amendment) Regulations, 1966

The hours for slaughtering prescribed by the Council under the above Regulations proved quite workable once again, although some small amount of overtime work was called upon from the Inspectors.

Imported Food Regulations 1968

These Regulations permit foodstuffs to be imported direct to inland areas without prior inspection at the dockside. There are suitable safeguards as to notification of movement of the foodstuffs, and the receiving authority is responsible for inspection before distribution. Several consignments of meat were received into this district under this procedure during 1969, but the regulations have not greatly affected the work of the department.

FOOD HYGIENE

FOOD AND DRUGS ACT 1955

Registrations under Section 16

Seventy premises are registered in connection with the manufacture and sale of ice-cream and preserved foods, etc. Of these, fifty-five are registered for the storage and sale of ice-cream.

(a) Milk Supplies

(i) Ten distributors are registered under Regulation 8 of the Milk and Dairies (General) Regulations, 1959.

(ii) Brucella Abortus

Two Pasteurisation Orders are still in operation in the district on two farms where Brucella Abortus had been found earlier. In connection with this, a total of 39 bulked samples of milk were taken.

(b) The Liquid Egg (Pasteurisation) Regulations 1963

There are no egg pasteurisation plants in the district.

(c) Food Hygiene (General) Regulations 1960

A total of 226 premises in the district are subject to the Food Hygiene (General) Regulations 1960. The table which follows shows the grouping according to the categories of trade carried on in these premises the number of premises fitted to comply with Regulation 16, and the number of premises affected by Regulation 19.

DETAILS OF FOOD PREMISES AS AT THE 31st DECEMBER, 1969, GROUPED IN
TRADE CATEGORIES, TOGETHER WITH OTHER RELEVANT INFORMATION

Type of Food Premises	Total No. of Premises	Number of Premises fitted to comply with Regulation 16	Number of Premises to which Regulation 19 applies	Number of Premises fitted to comply with 19
1. Grocery, Provisions & General	36	36	36	36
2. Grocery, Provisions, Butcher	3	3	3	3
3. Butcher	11	11	11	11
4. Baker's shop	7	7	7	7
5. Bakeries	3	3	3	3
6. Sweets, Confectionery and/or ice-cream	13	13	13	13
7. Greengrocery	11	11	11	11
8. Fish	2	2	2	2
9. Fish & Greengrocery	2	2	2	2
10. Food Factories/ Wholesale Food	5	5	5	5
11. Schools & Institutions	33	33	33	33
12. Hospitals & Nursing Homes	6	6	6	6
13. Factory Canteens	18	18	18	18
14. Cafes including Clubs & Licensed Restaurants	15	15	15	15
15. Licensed Hotel/ Restaurant	6	6	6	6
16. Off Licences	6	6	4	4
17. Public Houses	49	49	49	49
TOTALS	226	226	224	224

In general, a good standard is to be found in food premises within the district, with most food workers anxious to carry out the spirit of the Regulations.

HEALTH EDUCATION

During the spring, a ten-lecture course in food hygiene in preparation for the appropriate certificate of the Royal Institute of Public Health and Hygiene was held at the St. Albans College of Further Education, the Deputy Chief Public Health Inspector contributing some of the lectures. On this occasion, all the candidates from St. Albans were successful at the examination, a great tribute to their own interest in the subject, and to the industry of their lecturers.

POULTRY INSPECTION

Two premises within the district regularly carry on the business of poultry processing, though only to the rough-plucked stage, while two more premises have a short Christmas season trade. Ten visits were made to these premises during the year, but no carcass inspection was carried out. At one of the establishments, approximately 150,000 turkeys were killed during the year, but rejection figures are not available.

At a second establishment, a similar number, i.e., 150,000 chickens are reared, approximately two-thirds being sent to a Kosher establishment in London, and the remainder slaughtered and rough-plucked at the farm for sale, again in the London market. Approximately 1,000 birds were rejected as unfit by the management at this establishment.

On the question of poultry hygiene and inspection, these businesses have grown up quickly and small authorities such as ours are quite unable to cope with the volume of slaughter developing. If inspection, even on a most rudimentary scale is to be envisaged, staffing requirements will require radical re-appraisal.

OFFICES, SHOPS AND RAILWAY PREMISES REGULATIONS 1963

The number of infringements under the Regulations noted during the year was 15, being mostly of a minor nature. No prosecutions were undertaken in connection with the infringements, which were all remedied after informal action.

There were no notifications of accidents during 1969.

OFFICES, SHOPS AND RAILWAY PREMISES ACT 1963

(I) PARTICULARS of Registrations and Inspections

Class of Premises	Number of premises registered during the year	Total number of registered premises at end of year	Number of premises receiving a general inspection during the year
Offices	7	37	7
Retail Shops	3	109	49
Wholesale Shops, Warehouses	1	2	2
Catering Establishments open to the public; Canteens	1	12	6
Fuel Storage Depots	-	1	-
Totals	12	161	64

(II) ANALYSIS of persons employed in registered premises by workplace

Class of Workplace	Number of persons employed		
	Males	Females	Totals
Offices	207	136	343
Retail Shops	110	253	363
Wholesale departments, warehouses	2	1	3
Catering Establishments open to the public; Canteens	40	40	80
Fuel Storage depots	27	7	34
TOTALS	386	437	823

FACTORIES ACT 1961

Inspections and other details as required under the Factories Act of 1961, are shown in Appendix I.

ANNUAL REPORT OF THE MEDICAL OFFICER OF HEALTH IN RESPECT OF THE YEAR 1969
FOR THE RURAL DISTRICT OF ST. ALBANS IN THE COUNTY OF HERTFORD

Prescribed Particulars on the Administration of the Factories Act 1961

PART I OF THE ACT

1. INSPECTIONS for purposes of provisions as to health. (Including

Premises	Number of Register	Number of		
		Inspection	Written Notices	Occupiers Prosecuted
(i) Factories in which Sections 1, 2, 3, 4, and 6 are to be enforced by Local Authorities	3	-	-	-
(ii) Factories not included in (i) in which Section 7 is enforced by the Local Authority	85	46	4	-
(iii) Other Premises in which Section 7 is enforced by the Local Authority (excluding out-workers' premises)	8	3	-	-
TOTALS	96	49	4	-

2. Cases in which DEFECTS were found.

Particulars (1)	Number of cases in which defects were found				Number of cases in which prosecutions were instituted (6)
	Found (2)	Remedied (3)	Referred		
			To H.M. Inspector (4)	By H.M. Inspector (5)	
Want of cleanliness (s.1)	-	-	-	-	-
Overcrowding (S.2)	-	-	-	-	-
Unreasonable temperature (S.3)	-	-	-	-	-
Inadequate ventilation (S.4)	-	-	-	-	-
Ineffective drainage of floors (S.6)	-	-	-	-	-
Sanitary Conveniences (S.7)					
(a) Insufficient	1	1	-	1	-
(b) Unsuitable or defective	-	1	-	-	-
(c) Not separate for sexes	-	-	-	-	-
Other offences against the Act (not including offences relating to Out-work)	-	-	-	-	-
TOTALS	1	2	-	1	-

